CLAIMS:

What is claimed is:

- 5 1. A method of updating a data memory in a personal digital assistant device and a wrist watch, comprising the steps of:
 - (a) powering a watch;
 - (b) running a program resident on the watch, wherein said program identifies at least one data set to synchronize;
 - (c) selecting an external data set located on an external digital device to synchronize with at least one watch data set;
 - (d) establishing a communication link between the external digital device and the watch; and,
 - (e) updating the at least one data set.
 - 2. The method of Claim 1 wherein said step of running a resident program further comprises erasing at least one watch data set located on the memory of the watch.
 - 3. The method of Claim 2 wherein said resident program is transmitted to a memory of a watch or personal digital assistant.
 - 4. The method of Claim 1 wherein said communication link is established via wireless signals.
- 5. The method of Claim 1 wherein said updating is accomplished by erasing at least one data set on the watch memory and inputting at least one updated data set on the watch memory.
- 6. The method of Claim 1 wherein said communication link is established via an IR port, an internet connection, an intranet connection or a satellite link.

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- 7. A system for updating a data memory in a personal digital assistant device and a wrist watch, comprising the steps of:
 - (a) means for powering a watch;
 - (b) means for running a program resident on the watch, wherein said program identifies at least one watch data set to synchronize;
 - (c) means for selecting an external data set located on an external digital device to synchronize with at least one data set;
 - (d) means for establishing a communication link between the external digital device and the watch; and,
 - (e) means for updating the at least one data set.
- 8. The system of Claim 7 further comprising means for erasing at least one data set located on the memory of a watch.
- 9. The system of Claim 8 wherein said resident program is transmitted to a memory of a watch or personal digital assistant.
- 10. The system of Claim 7 wherein said communication link is established via wireless signals.
- 11. The system of Claim 7 wherein said updating is accomplished by erasing at least one data set on the watch memory and inputting at least one updated data set on the watch memory.
- 25 12. The system of Claim 7 wherein said communication link is established via an IR port, an internet connection, an intranet connection or a satellite link.

- 13. A method for updating a data set in a personal digital assistant and a watch comprising:
 - (a) a personal digital assistant with a processor and a memory containing at least one data set;
 - (b) a watch with a processor and a memory containing at least one data set corresponding with at least one data set located on the personal digital assistant memory;
 - (c) a two way communication link for linking the personal digital assistant and watch during memory update synchronization;
 - (d) comparing at least one corresponding data set located on the personal digital assistant memory and the watch memory;
 - (e) copying at least one corresponding data set located on the personal digital assistant memory and the watch memory; and,
 - (f) updating at least one corresponding data set located on the personal digital assistant memory and the watch memory.
- 14. The method of Claim 13 wherein the personal digital assistant is at least one of a wristwatch, a wireless telephone, a wireless pager or a personal computer.
- 15. The method of Claim 13 wherein the two way communication link is established via an IR port, an RF port, a wire link, a wireless link, an internet connection, an intranet connection or a satellite link.

- 16. A system for updating a data set in a personal digital assistant and a watch comprising:
 - (a) a personal digital assistant with a processor and a memory containing at least one data set;
 - (b) a watch with a processor and a memory containing at least one data set corresponding with at least one data set located on the personal digital assistant memory;
 - (c) a two way communication link for linking the personal digital assistant and watch during memory update synchronization;
 - (d) means for comparing at least one corresponding data set located on the personal digital assistant memory and the watch memory;
 - (e) means for copying at least one corresponding data set located on the personal digital assistant memory and the watch memory; and,
 - (f) means for updating at least one corresponding data set located on the personal digital assistant memory and the watch memory.
- 17. The system of Claim 16 wherein the personal digital assistant is at least one of a wristwatch, a wireless telephone, a wireless pager or a personal computer.
- 18. The system of Claim 16 wherein the two way communication link is established via an IR port, an RF port, a wire link, a wireless link, an internet connection, an intranet connection or a satellite link.

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- 19. An apparatus for aligning a watch and a personal digital assistant for data transfer operations comprising:
 - (a) means for positioning a personal digital assistant device;
 - (b) means for positioning a watch;
 - (c) means for aligning a communication port associated with the personal digital assistant and a communication port associated with the watch; and,
 - (d) means for reflecting radiation emitted from the transmitting communication port to the receiving communication port.
- 10 20. The apparatus of Claim 19 further wherein the means for reflecting radiation comprises a reflective surface positioned between the communication port associated with the personal digital assistant and the communication port associated with the watch.
 - 21. The apparatus of Claim 19 wherein the means for reflecting radiation is comprised of at least one of metal, plastic, paper or cardboard.
 - 22. The apparatus of Claim 19 wherein said reflective surface is dimpled.
 - 23. The apparatus of Claim 19 wherein said reflective surface contains at least one hole.
 - 24. The apparatus of Claim 19 wherein said reflective surface is striated.
 - 25. The apparatus of Claim 19 wherein said reflective surface is parabolic.
 - 26. The apparatus of Claim 19 wherein said reflective surface is concave.
 - 27. The apparatus of Claim 19 wherein said reflective surface is convex.

- 28. A digital wristwatch comprising:
 - (a) a display;
 - (b) at least one microcontroller running an operating system;
 - (c) at least one memory;
- 5 (d) at least one display controller;
 - (e) at least one rocker switch;
 - (f) at least one pushbutton switch;
 - (g) a wristband; and,
 - (h) a stylus.

- The watch of Claim 28 wherein the display comprises one of a touch screen, and a 29. liquid crystal display, an electrophoretic display or OLED display.
- The watch of Claim 28 wherein the stylus is secured to the user's finger. 30.
- The watch of Claim 28 wherein the stylus includes a pen tip or pencil tip. 31.
- The watch of Claim 28 wherein the stylus is stored inside the wristband. 32.
- The watch of Claim 28 wherein the stylus is secured to the wristband. 20 33.
 - The watch of Claim 28 wherein the microcontroller is activated by contacting the 34. display.
- The watch of Claim 28 wherein the operating system is the Palm OS operating 35. 25 system.
 - 36. The watch of Claim 28 wherein the watch is water resistant.
- 30 37. The watch of Claim 28 wherein the watch is waterproof.

- 38. The watch of Claim 28 wherein the microcontroller is in standby mode and the display is active.
- The watch of Claim 28 wherein the microcontroller powers up at least once every
 minute to update the display controller to change the time on the display.
 - 40. The watch of Claim 28 wherein the microcontroller powers up at least once every second to update the display controller to change the time on the display.
- 10 41. The watch of Claim 28 wherein the microcontroller powers up at least once every tenth of a second to update the display controller to change the time on the display.